The Standard 24 form*

1. Beginning Form

2. Part Wild Horse’s Mane, LRL (To your left, to N)

3. White Crane Flashes Wing
4. Brush Knee LRL

5. Play the Lute
6. Repulse Monkey LRLR (lead foot remains flat, yet somewhat empty)

7. Grasp the Bird’s Tail (turn R, then execute 45deg. L, to NE)
   - Left Ward Off (Peng)
   - Rollback (Lui)
   - Press (Ji)
   - Push (An)
8. Grasp the Bird’s Tail (turn 90deg. R, to SE)

9. Single Whip L, to N

10. Wave Hands Like Clouds L, to N (3 L steps)
11. Single Whip L, to N

12. High Pat on Horse L, to N

13. Right Heel Kick 45deg. R, to NE

14. Strike with Both Fists, in same direction
15. Turn L, to SW, and Left Heel Kick

16. Lower Body and Stand on One Leg (L), to S
   Single Whip Down Low, Snake Creeps Down,
   Stands on One Leg

17. Lower Body and Stands on One Leg (R), to S

18. Fair Lady Works at Shuttles (to S; R bow stance, R hand high,
    then L bow stance, L hand high)

(continued next page)
(Fair Lady Works at Shuttles, continued)

19. Needle at Sea Bottom (to S)

20. Fan Through Back (to S)

21. Turn R, Deflect Downward, turn R to Parry, and R Punch (to N)
22. Push Hands Forward, Seal Tightly posture

23. Cross Hands

24. Closing Form

*All figures were digitally copied from Mike Garofalo’s excellent web page. See his many contributions to tai chi at http://www.egreenway.com/taichichuan/short.htm.